

## Chicken Noodle Veg Soup<sup>25</sup>

Number of Servings: 25 (482.91 g per serving)

Amount	Measure	Ingredient
25.00	ea	Chicken, broiler/fryer, leg, w/skin, raw
5.00	qt	Water, tap, municipal
2 1/2	tsp	Salt, table, iodized
2 1/8	cup	Onion, white, fresh, chpd
5.00	tsp	Herb, parsley, dried
5 1/2	cup	Celery, fresh, diced
3.00	qt	Carrots, fzn, slices
25.00	oz	Pasta, egg, enrich, dry

### Nutrients per serving

## Nutrition Facts

Serving Size (483g)

Servings Per Container

Amount Per Serving

**Calories 450**    **Calories from Fat 200**

% Daily Value\*

**Total Fat 22g**                      **34%**

    Saturated Fat 6g                **30%**

    Trans Fat 0g

**Cholesterol 160mg**               **53%**

**Sodium 440mg**                    **18%**

**Total Carbohydrate 27g**        **9%**

    Dietary Fiber 3g                **12%**

    Sugars 4g

**Protein 35g**

Vitamin A 180%    •    Vitamin C 15%

Calcium 6%        •    Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9    •    Carbohydrate 4    •    Protein 4

## Chicken Noodle Veg Soup<sup>25</sup>

**Number of Servings: 25 (482.91 g per serving)**

### Instructions

1 serving= 1 1/2 cups = 1 CS

In a saucepan, combine chicken legs, water, salt, celery, parsley and onions. Bring to a boil, turn heat down and simmer for 15 minutes. Add carrots and bring to a boil again and cook, covered, for 30 additional minutes.

Remove chicken legs to steamtable pan, cover and keep hot in steamtable or oven until serving time (approx 15 minutes).

Add dry noodles to broth-vegetable mixture, bring to a boil and simmer, uncovered for 10 minutes.

Serve 1 1/4 cups of the soup in a large bowl on a plate. Serve 1 chicken leg on the plate.

1 1/4 cups soup and 1 chicken leg = 2 carb servings and 2-3 oz meat.

#### Cooking:

- Cook to an internal temperature of 165 F for 15 seconds.

#### Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

#### Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.

#### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Return to a boil, then reduce heat and simmer until vegetables are tender.

#### HACCP:

##### Cooking :

- Cook to an internal temperature of 165 F for 15 seconds.

##### Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

##### Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.